



### Transforming Health Archives Available

**March 09th 2011:Children's Health—Made Easy!**

Hillary Feerick and Jeff Hillenbrand have been married for 15 years and have two young children. Months before their first child was born, they began to delve more deeply into infant and maternal nutrition. Health and wellness were priorities for their family, and they wanted to give their children the healthiest start possible. Six years later, compelled by the difficulties of raising healthy children in a fast-paced, junk-food-filled world, they decided to combine their expertise in health (Jeff holds a BS in exercise science) and writing (Hillary holds a BA and MA in English and is an English teacher) to create Mitch Spinach, a healthy role model for children. They wrote the first book in

[Read more](#)



### Tune in

Archives Available on VoiceAmerica  
Health and Wellness Channel

EPISODE ON DEMAND

VIEW HOST PAGE

### Featured Guests

#### Jeff Hillenbrand

Hillary Feerick and Jeff Hillenbrand have been married for 15 years and have two young children. Months before their first child was born, they began to delve more deeply into infant and maternal nutrition. Health and wellness were priorities for their family, and they wanted to give their children the healthiest start possible. Six years later, compelled by the difficulties of raising healthy children in a fast-paced, junk-food-filled world, they decided to combine their expertise in health (Jeff holds a BS in exercise science) and writing (Hillary holds a BA and MA in English and is an English teacher) to create Mitch Spinach, a healthy role model for children. They wrote the first book in

[Read more](#)

#### Hillary Feerick

Hillary Feerick and Jeff Hillenbrand have been married for 15 years and have two young children. Months before their first child was born, they began to delve more deeply into infant and maternal nutrition. Health and wellness were priorities for their family, and they wanted to give their children the healthiest start possible. Six years later, compelled by the difficulties of raising healthy children in a fast-paced, junk-food-filled world, they decided to combine their expertise in health (Jeff holds a BS in exercise science) and writing (Hillary holds a BA and MA in English and is an English teacher) to create Mitch Spinach, a healthy role model for children. They wrote the first book in

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps

